FRIDAY, AUGUST 22, 2008 Vol. 68 — No. 26 — COMPANY D WWW.MCRDSD.USMC.MIL

Del Mar honors military, wounded warriors

BY CPL. ROBERT W. BEAVER Chevron staff

The Del Mar Thoroughbred Club honored Marines during an Aug. 4 race day.

The club color guard, made of retirees Sgt. Maj. Steve Meyers, Air Force Senior Master Sgt. Jerry Guiles and Army Maj. Pete Brunhaver, opened the races with a unique colors ceremony.

As the club bugler sounded the first note of the Marines' Hymn, Meyers pulled a nylon string causing the Marine Corps colors to shoot into the air within fractions of a second. The effect puzzles the audience and brings them to a thunderous applause.

"We are the only sporting event that does this," said Meyers. "We have a lot of pride and enjoyment doing this. We do it in support of veterans of Iraq, Afghanistan and around the world."

Meyers spends about five minutes expertly preparing the flag for display. He folds the colors in a zig-zag fashion, making parallel folds in opposite directions. He then wraps four rubber bands around the folded colors and ties them to a string.

The flag is unseen to the audience as it follows the national ensign up the flag pole. When the respective organization's anthem plays, Meyers pulls the nylon string, breaking the rubber bands and the wind does the work from there.

"The wind sometimes gives us problems," said Meyers, "but when it works for us, the crowd loves it."

The Thoroughbred Club has been flying the nation's colors for many years but it was not until the beginning of the Global War on Terrorism when they started weekly celebrations for each military service.

Meyers approached the Thoroughbred Club about organizing a color guard made of the security detachment,

which is comprised mostly of retired military personnel. The club accepted Meyer's request and service

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members have been honored every week since. "We want to say thank you," said Joe Harper, president of the Thoroughbred Club. "Anybody who has made these sacrifices for this country deserves our gratitude. This is the least we can do."

During the event, Marines from Marine Medical Rehabilitation Platoon, Headquarters and Service Battalion here, Wounded Warrior Battalion West, Marine Corps Base Camp Pendleton, Calif., and Marine Light Attack Training Squadron-303, Camp Pendleton, received special treatment from the Thoroughbred Club.

The Marines relaxed in a VIP suite reserved only for special guests. The club treated the Marines to free food and drink, and offered them each a bag full of Del Mar racing memorabilia, to include a \$90 T-shirt and a \$20

"I was shocked when I walked into the suite," said Lance Cpl. Joshua Peterson, who served as an infantryman with 1st Battalion, 7th Marines, or "Suicide Charley" during tours to Al Qaim and Hit, Iraq. "I'm not used to getting this type of treatment."

Some Marines placed bets and watched the races from a birds-eye view. The races may have been unfamiliar to some, but one lucky Marine won \$50 from a bet.

Marines also toured the facility where they met several racers and learned about the equipment they wear.

During the fourth race, Marines were brought to the winners' circle for a close view of the race. Afterward, they were recognized before the audience. Two bag pipers played the national anthem and the Marines received a standing ovation from 12,000 fans in attendance.

"I had a blast," said Peterson, from Paramount, Mich. "It is awesome that people think this much about what we've done and that they put a lot of time and money

Harper invited the Marines to return to the track any time with free admission.



Marines from Marine Medical Rehabilitation Platoon and their families, Headquarters and Service Battalion here, Wounded Warrior Battalion West at Camp Pendleton, Calif., and Marine Light Attack Training Squadron-303, Camp Pendleton, cheer for their favorite horses as they speed past during a race at the Del Mar Track Aug. 4. Cpl. Robert W. Beaver/Chevron

Emergency safety kits help alleviate stress during disasters

BY KRISTEN WARD TriWest Healthcare Alliance

he recent floods in the Midwest, wildfires in Northern California and earthquake in Southern California are reminders that Mother Nature's fury can strike at anytime. TriWest Healthcare Alliance assures TRICARE beneficiaries and families affected by any natural disasters such as fire, earthquake, hurricane or flooding, that their health care benefits will be maintained, and that service and support will continue during those critical times.

TRICARE advises its beneficiaries to prepare emergency safety kits that include health care information if you have to evacuate your home. Having this information and other items organized in

emergency safety kits prior to inclement weather will help alleviate stress and ease the burden on family and loved ones.

Supplies to include in the kits are nonperishable foods, flashlights with extra batteries, a battery-powered radio, extra eyeglasses and first-aid supplies.

TRICARE recommends including these additional health-related items:

- Copies of each family member's TRICARE and military ID cards, medical records or other health insurance cards
- · List of doctors names and contact information
- List of emergency contacts and phone numbers
 - List of family members' allergies
- A 30-day supply of any prescription medications over-the-counter medications such as anti-pain, antacids, etc.

- A 30-day supply of insulin, if applicable
- List of model and serial numbers for medical devices such as pacemakers

All paper items should be kept in plastic should be stored in proper containers.

Your benefits will travel with you if you are displaced or evacuated outside of TriWest's 21-state region during a disaster. If you need medical care:

- Contact your TRICARE Service Center (TSC) or TriWest at 1-888-TRIWEST (874-9378) to verify that it is still open.
- Contact TriWest immediately at 1-888-TRIWEST (874-9378) if you are displaced or evacuated to a state outside of TriWest's 21-state region to ensure coverage at the new location. Beneficiaries enrolled in TRICARE

Standard, a fee-for-service option, may seek care from any TRICARE-authorized

• In case of an emergency, call 911 or seek bags and placed inside waterproof backpacks treatment at the nearest emergency room for or duffle bags in easy-to-find locations so treatment. For TRICARE Prime/TRICARE they can be grabbed quickly. Prescriptions Prime Remote enrollees, emergency care does not require a referral or authorization: however, beneficiaries or a family member should notify TriWest at 1-888-TRIWEST (874-9378) within 24 hours or as soon as possible after receiving emergency care.

> If a disaster hits your area, you can manage your health care from any location with an Internet connection by visiting www.triwest.com. You may also find general updates and disaster-related resources at TriWest's newly-launched "Crisis Connection" site at www.triwest.com/ crisisconnection.



MARINE MOUNTED

Continues historical tradition

Recruits earn eagle, globe and anchor

Company D conducts day evolution events



Lean Six Sigma is not a weight loss program

BY AUSTIN MANSFIELD

Media Relations Chief

When I first heard about Lean Six Sigma, I thought it was some kind of nutritional weight loss program. I figured the "Lean" part meant "thin;" but the "Six Sigma" part was more difficult. Maybe Six Sigma meant the first Five Sigmas failed — and this was their latest weight loss program. It even uses colored belts like karate, so it has to have something to do with exercise

Planning a good workout, I searched for my sweatpants and sneakers (which I found just where I'd left them after my last good workout — under my 8-track tapes and polyester leisure suits) and prepared for my Lean Six Sigma, or LSS, white belt class.

I was told by my program coordinator to go to Navy Knowledge Online, and I immediately wrote a thank you note to Bill Gates for bringing computer technology to the level where I could now burn calories over the Internet.

After logging on, I discovered that LSS has nothing to do with weight loss or nutrition.

LSS, it turns out, is really a business practice — a common-sense approach toward improving how we do what we do.

Although I was a bit disappointed that I wouldn't be breaking any boards as an LSS white belt, I learned I could at least break some old habits. During more than two decades of military life, I had slowly developed a "We've always done it this way" mentality.

The value of what we did was decided by the executive officer. The idea that the value of what we do is decided by the customers we serve was foreign to us. As subject matter experts in our particular fields, we decided what we thought was valuable. If the people receiving our service didn't agree, it was because they didn't know any better. If they knew as much as we did, they'd understand the value of what we were giving them.

But the customer does decide the value. Back in the Jurassic period of journalism, when people were still us-

ing typewriters (ask your grandfather about them), someone designed a clip for ballpoint pens. This new feature let customers bend over without their pens falling out of their shirt pockets. But the feature had value only to people with shirt pockets. No shirt pockets means no value for the pen clip.

In the military we still have the Skilcraft ballpoint pen. And although the clip itself has value (since uniforms and business shirts have pockets), the jury is still out on the self-detonating ink grenade in them that arms on contact with a white shirt (though looking like a human Rorschach test must be of value to someone).

LSS gets us to look at the value of whatever we do by looking at it through the eyes of our customers. It's also a requirement now.

Deputy Secretary of Defense Gordon England sent a directive May 12 ordering all the military services to implement LSS. Unlike Total Quality Leadership and other "flavors of the month," LSS is not a program. It's a continuous way of looking at the things we do and trying to improve.

We learn grammar so we can speak and write coherent sentences, yet none of us considers "grammar" to be some kind of "program." It's just what we need to understand in order to communicate effectively.

We accept that the highway patrol officer gets to decide whether we were speeding or not. We may not like it, but after our first ticket we usually figure it out. Likewise, we may not like the idea that our customers (the people who receive whatever service or product we provide) get to decide the value of what we do, but we just have to get used to it.

Each of us needs to learn some level of LSS. We don't need 2,000 black belts taping charts all over the depot, but a green belt in each department would be a great tool for each office to help itself improve. And everyone would benefit from the basic white belt training online at NKO (www.nko.navy.mil).

Put simply, LSS has four key elements: impress customers with speed and quality; improve the processes; work together for maximum gain;

and base decisions on data and facts. That's the foundation for improve-

Sure, there are a few new acronyms to learn, but our culture thrives on acronyms. We've brought acronyms to a higher level than any other organization. In fact, we have so many acronyms the Department of the Navy published a book a few years back listing all of them. They titled it the Dictionary of Naval Abbreviations. Before the ink was dry, folks were calling it the DICNAVAB. Acronyms are part of our DNA. Oops, there's another one.

So the new acronyms aren't what's holding us back; it's our resistance to change. Isaac Newton's First Law of Motion tells us that objects in motion tend to stay in motion and objects at rest tend to stay at rest. The same law applies to people. Once we get past our inertial resistance to change, we can start to benefit from the improvements we make in how we do what we

Think about baseball for a minute. The focus is usually on the pitcher, the guy throwing a ball faster than my car can move downhill in a tornado. But the catcher is the one who decides where to place the target, and tells the pitcher what to throw — whether it's a fastball, change-up, or curve. When the pitcher ignores what his catcher is telling him, and throws what he wants instead, the result is often bad for the team.

The catcher is in the best position to determine the best thing to do. He's able to see all the players, and he's also able to see the manager and coaches. The manager's input and support is crucial for the catcher to do his job. Strategic signals are passed from the manager to the coaches to the catcher.

The same concept applies in business and the military. Without strategic support from our own managers and coaches, LSS cannot thrive. Past programs ignored that need and withered on the vine. Marine Corps leaders have seen the benefits of working better and faster by eliminating clogs and bottlenecks in the processes, have been providing well-trained people to work on high-priority projects with remarkable results.

Does what we say really matter?

By Chaplain Ronald R. Ringo Headquarters and Service Bn.

t was once said by Noah Webster, "Language is the immediate gift of God." It is said that language is the one gift that gives us ability to shape and create ideas, to share thoughts and feelings in our relationships, builds the communities we live in by sharing our cultures, and overall, it helps to make our lives livable. However, you and I know that sometimes we are all too careless with what we say to others.

It has been stated by F. L. Lucas in his, "What is Style?" writing, "We take infinite pains about having style in our clothes, but many of us remain curiously indifferent about having it in our words."

I actually had a talk about this with my dad on a visit a while back while we were hitting some golf balls. I mentioned that he works really hard at his game, but hasn't really been working all that hard on his tongue. I simply told him it doesn't represent his true intelligence and could he, for me, remember that I think more highly of him than that. He knew he was being intellectually lazy and said he would be more mindful of it...and has been since.

A few years ago, I heard about a great talk to women about the power of "girl talk." The speaker said that in girl

talk, women can be so hard on one another, often trying to one-up each other by saying hurtful or competitive things. One example was when a young wife mentioned to some friends that her husband was deploying again, and another woman replied that her husband would never do that to her... the inference being, that the deploying husband must not love his wife as much. This woman did not leave that gathering feeling uplifted or strengthened, but depressed. Perhaps you have been on the receiving end of such talk or maybe were the one mistakenly diminishing someone's self esteem with thoughtless comments.

There is power of life and death in the tongue. An encouraging word to someone who is down can lift one up and help one make it through the day.

A destructive word to someone who is down can be what it takes to kill that person, as in the way we treat others in the way we talk to them, like in the "girl talk" example. Be careful of what you say. Speak life to those who cross your path.

It is sometimes hard to understand that an encouraging word can go such a long way. Anyone can speak words that tend to rob another of the spirit to continue in difficult times. Special is the individual who will take the time to encourage another. Therefore, encourage one another and build each other up.

BRIEFS

Barracks Bash

A summer barracks bash will be held at the barracks buildings adjacent to Duncan Hall dining facility today at 4 p.m. for all single military members. There will be a DJ, free food and drinks. The first 200 guests will receive custom embroidered Single Marine Program beach towels from Semper Fit. For information, call (619) 203-3277 or e-mail muenchul@usmc-mccs.org.

Injury prevention clinic

An injury prevention clinic will be held Wednesday from 11:30 a.m. to 1 p.m. at the depot Field House. Learn how to reach your peak athletic performance without getting injuries. Lunch and refreshments will be provided. For information, call Michelle Nail at (619) 524-8913.

Fall in 2 Success

The new MCRD school liaison officer has scheduled a family "Fall in 2 Success" event at the Recreation Center Thursday from 4 until 6:30 p.m. The first 100 children to arrive will receive a "Combating Homework Survival Kit." The school liaison officer addresses issues ranging from home schooling to special needs children, involving military families and the local educational environment. For information, call (619) 524-8032.

Teen dating violence awareness workshop

A workshop for parents and teenagers on teen dating violence awareness will be held 5 to 6 p.m. Sept. 9 at the Family Advocacy conference room, Bldg. 6E. Space is limited. To sign up, call Sandy Broce at (619) 524-0421.

Learn to fix your car's hrakes

A free class on how to fix your car's breaks will be held Sept. 13 from 11:30 a.m. to 3:30 p.m. at the depot Auto Skills Center. The class is open to active duty military, reservists, retirees and DoD employees and their guests. A Mexican buffet and free prize drawing for a front–end brake job will be provided. Sign up on-line at mccsmcrd.com. For information, call Jose Ortega-Garcia at (619) 524-5240 or e-mail ortegagarcia@usmc-mccs.org.

Boot Camp Challenge

The depot will host the Seventh Annual Boot Camp Challenge, part of San Diego Fleet Week, October 4 at 9 a.m. The event is an obstacle course made up of trenches, tunnels, cargo nets, push-up stations, hay jumps and over 50 other obstacles. Cost for individuals is \$35; a three-person team is \$105; and a five-person team is \$175. The event is open to the public. Sign up on-line through Active.com. For information, call (619) 524-8083.

SEND BRIEFS TO:

roger.edwards@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Mounted color guard continues tradition of representing Corps

BY SGT. CHRISTOPHER BERRYMAN RS Portland

Throughout the history of the United States Marine Corps, horses have served alongside Marines in combat and in ceremony. The most well-known historical example of this are China Marines or Horse Marines who formed, in 1909, the Legation Guards at the American Embassy in what is now known as Beijing, and the guards for the international settlement in Shanghai. Between their formation in 1909 and their disbandment in March 1938, they at times numbered over 1,500 men mostly from the 4th Marine Regiment and included many historically significant Marines such as Lt. Gen. Lewis B. "Chesty" Puller and Maj. Gen. William H. Rupertus, author of the Rifleman's Creed. Spread out across rural China, wild Mongolian horses became a solution to transportation concerns.

Today, the only mounted unit in the Marine Corps is the Marine Corps Mounted Color Guard, established in 1967 and headquartered at Marine Corps Logistics Base Barstow, Calif. They ride formerly wild Palomino Mustangs. The color guard recently visited Klamath Falls, Ore., to perform during the opening ceremonies of the Great Northwest Pro-Rodeo. Four active-duty Marines and a civilian wrangler make up the team. With the five horses in tow behind two white Ford pickup trucks, the team travels around the country carrying on tradition, representing the Marine Corps, and supporting the recruiting effort.

The Marine Corps gets its horses from the Bureau of Land Management Adopt-a-Horse and Burro program.

"Mustangs are wild horses that, to this day, roam the western United States," said Gunnery Sgt. Pete McConnell, 35, staff noncommissioned officer-in-charge for the Mounted Color Guard. "Some of these horses have never seen a human being before being rounded up by the Bureau of Land Management."

"The BLM has thousands of wild horses. We look over all of them to find our Palominos," said McConnell.

Once enlisted, the horses are transferred to the Warm Springs Correctional Facility in Carson City, Nev., to be trained.

"We adopt them, then we send

them to horse boot camp," said McConnell. "Just as every Marine has to go to recruit training our horses attend basic training for four months."

The Mounted Color Guard has participated in events such as the Kentucky Derby, the Super Bowl, and the Marine Corps Marathon. The color guard also holds the distinction of being the only military unit to ever have lead the Tournament of Roses parade in Pasadena, Calif. They also sponsor and provide training for the Marine Corps Junior Reserve Officer Training Corps Mounted Color Guard in Sturgis, S.D.

Klamath Falls welcomed the Marines by hosting a dinner for them at the "Leatherneck Club" downtown. This not only showed the Marines that the town appreciated their visit; it also gave them the opportunity to meet former Marines including Emil Birinowsky, a veteran of Iwo Jima.

The next morning the color guard Marines were up early for a visit to Mazama High School where they spoke in front of a large percentage of the student body about the history of the Mounted Color Guard, their time with the Guard, opportunities in the Marine Corps, and their careers.

They then proceeded to Henley Elementary School where again they talked with the students, emphasizing the importance of listening to their teachers. Following the talk, the students lined up in front of the Mustangs and got the opportunity to pet the horses and talk with the Marines.

With the evening rodeo rapidly approaching, most of the Marines headed to the fairground to prepare the horses for the opening ceremony. Back at the fairgrounds, with horses groomed and practices complete, the Marines were ready to ride into the arena. With the crowd on their feet cheering, the Marines

rode in for the presentation of the colors.

"This is a Marine town," said Anderson, who spearheaded the drive to bring the Mounted Color Guard to Klamath Falls. "They love this"

Jamie Berg, organizer of the Pro-Rodeo, summed up his feelings about the Mounted Color Guard, "They're great, the crowd loves them, and we hope they'll come back next year."

According to McConnell, the color guard also looks forward to the chance to return to Oregon and will be coming back this September for the Pendleton Round-Up.



The Marine Corps Mounted Color Guard presents the colors during the opening ceremony of the Great Northwest Pro-Rodeo in Klamath Falls,

Marine Barracks is part of Klamath Falls history

BY SGT. CHRISTOPHER BERRYMAN RS Portland

The remains of a coal heating plant is the only original structure that still exists, but the memory and impact of the Marine Corps Barracks Klamath Falls, Ore., lives on not only in the form of a memorial park but also through the citizens of Klamath Falls, some of whom, were stationed at the Barracks while it was in operation.

"I arrived in September of 1944 and stayed until September of 1946," said Emil Biranowski as he gazed over the hilly landscape that once made up the barracks. "There were more than 4,000 of us here"

The Marine Corps selected Klamath Falls as a rehabilitation site for Marines returning from the Pacific theater with tropical diseases. The cool, dry, temperate climate combined with the clean mountain air away from urban pollution was found to be ideal for their recovery.

The barracks was a sprawling complex having all the amenities of a base.

"We had a big parade ground, a slop shoot (drinking place), galley, theater, fire department and a hostess house where the wives or girlfriends could come and stay," said Biranowski.

The location must have been a success because by 1946 it had accomplished its mission and was closed. Many Marines remained in the local area. A lottery

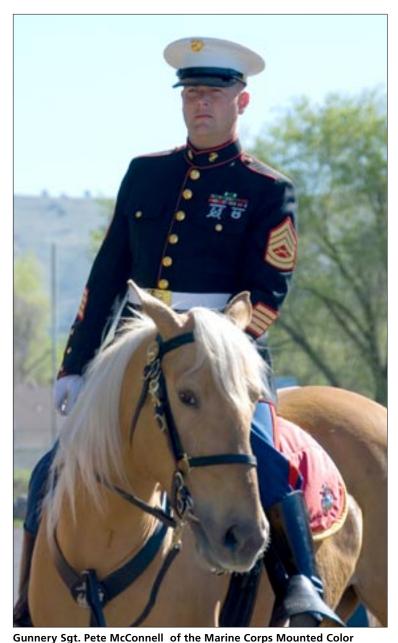
system was established to grant plots of farmland through homesteading to veterans. The barracks was transferred to what became the Oregon Institute of Technology. The campus remained at the barracks location until 1964.

"The Marines left the barracks in '46 and the site became the grounds for the OIT. A lot of the barracks they converted to study rooms, some of the barracks they made into living quarters," Biranowski said. "They had good courses up here, watchmaking, gunsmithing; the guys coming out of the service got to take them."

A memorial park has been created looking out over the old barracks site and is open to the public.

Down the hill, in town, another vestige of the former barracks remains. The Leatherneck Club serves food and drink to members of the Crater Lake Detachment of the Marine Corps League. The walls are lined with pictures of Marines, autographs, award, and other memorabilia.

The park and club are the physical representations of the spirit that lives in Klamath Falls. But as soon as a recruiter sets up a pull-up bar you see the spirit in the people at the event. The motivated young people can all name their Marine relatives and the veterans will tell war stories while remembering how many pull-ups they used to do. Through their Marine Corps history, the town has become one of the few, the proud.



Guard sits atop his horse during a visit to Mazama High School in Klamath Falls, Ore. Sgt. Christopher Berryman/RS Portland

CHE RON

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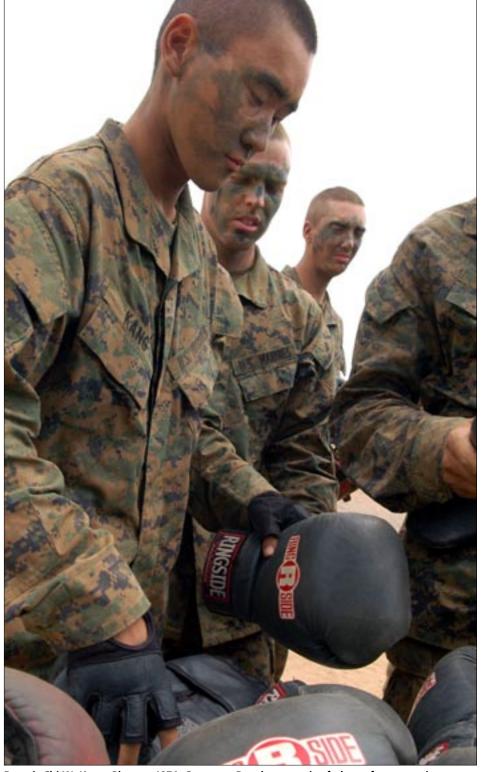
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A recruit throws a punch at his opponent inside the fight pit during body sparring at Weapons and Field Training Battalion, Marine Corps Base Camp Pendleton, Calif., Aug. 13. Once the drill instruction convinced that one recruit is performing more dominantly than the other, the match is over. Pfc. Paul Matthew Brown/Chevron



Recruit Chi W. Kang, Platoon 1074, Company D, selects a pair of gloves for protection during the body sparring exercise. Ptc. Paul Matthew Brown/Chevron



Recruit Cory M. Honne, Platoon 1074, Company D, fires at targets as they appear during a speed drill targets the recruits hit fall behind the sand bags while others pop up after a few seconds of being be simulated cover. Pfc. Paul Matthew Brown/Chevron



Recruits from Platoon 1074, Company D, do repetitions of push-ups as part of a circut course during to sparring event. Ptc. Paul Matthew Brown/Chevron



A recruit fire team runs from a patrol trail to a small range where they will fire speed drills at close range targets. Ptc. Paul Matthew Brown/Chevron

Company D makes a day of defense course

BY PFC. PAUL MATTHEW BROWN Chevron staff

Company D recruits must endure the final test of Marine Corps recruit training known as the Crucible before they can rightfully claim the title, Marine.

The 54-hour rite of passage consists of many events named after Marine Corps Medal of Honor recipients. These events require the recruits to function far beyond their comfort zone and work in teams to accomplish the task at hand.

In day two of the Crucible, the recruits were feeling the simulated combat stress caused by the meal and sleep depravation while staying continuously active.

One exercise the recruits did is called "Day's Defense." After listening to the citation, the recruits set out in four-man groups called fire teams to a small firing range.

The fire teams practiced patrolling in a wedge formation, testing their teamwork and awareness.

At the firing range, several field instructors were waiting to remind the recruits of the rules and what positions they would fire from.

At this range, the recruits were able to practice essential combat fundamentals like target assessment and speed reloads.

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he body

After the recruits were released from the range, they continued their patrols as fire teams on their way back to where Day's Defense began. The recruits had to use teamwork to move a simulated casualty quickly down a hill.

Now that these recruits were done with the Day's Defense exercise, it was their turn for what some recruits highly anticipate. It's what some might call boxing; to the Marine Corps, it is known as body sparring.

The body sparring event consists of several basic exercises surrounding a small sparring ring as well as the main part of the event where recruits find out what they are made of in an area about five feet long by five feet wide.

"Recruits will be doing conditioning exercises, like push-ups and squats, until they are called in to spar," said Staff Sgt. Brandon A. Guild, a drill instructor for Platoon 1074.

The recruits are told what a combat situation may feel like.

"They are going to have to learn about combat conditioning, because quitting because you're tired in combat isn't an option," Guild said.

The recruits go into the ring with gloves, groin protection and headgear and are told no head shots or low blows. To win the match, recruits must simply show

more energy or dominance than their opponent. If any one recruit looked like they could try harder, their drill instructors would yell something to motivate them and restart the match.

"The point of all this is to push recruits to their limit and then make them pass it. Marines must be able to push past their preconceived limitations," Guild said.

Although these were only a very small portion of the Crucible, they are one of the more popular parts of the famed rite of passage.

"It was great fun, but also really tiring," said Recruit Noah E. Eslick, a squad leader for Platoon 1074. "I wouldn't want to do it again, but looking back on it, I think it was great training and a good experience."

Events being fun isn't what motivated him, added Noah; it was the challenge of the training.

"I was really motivated by the Medal of Honor citations. Especially, when drill instructor Staff Sgt. (Jeremiah W.) Wood read them to us and said 'We're standing on the shoulders of giants," said Noah.

The Crucible is not only a test of what the recruits have learned and how far they can push themselves, but it is a place where recruits can discover the quality of Marines who stood before them, and what it will take for them to wear the same uniform.



Recruits carry a fellow recruit with simulated injuries down a hill and then across open terrain to wrap up the Day's Defense exercise. Ptc. Paul Matthew Brown/Chevron



Recruit David M. Kujawa, Platoon 1074, Company D, practices his strikes outside of the ring while his fellow recruits proved themselves in the center of the ring. Proc. Paul Matthew Brown/Chevron



A field instructor briefs Platoon 1074, Company D, recruits on safety and the rules of body sparring before they face each other in the pit. Ptc. Paul Matthew Brown/Chevron

Recruit overcomes family struggles to become Marine

BY PFC. PAUL MATTHEW BROWN Chevron staff

The rigors and swift change in lifestyle that comes with Marine Corps recruit training can often be a damper on a recruit's motivation. There are some that are able to retain their motivation and drive during the highs and lows of recruit training. Pfc. Andrew W. Goodwin of Platoon 1069 was one such person.

Before leaving for boot camp, Goodwin's home life was slowly becoming overwhelming, and a strain was put on his relationship with his mother.

At first, his mother was very supportive of his decision to join. She even helped her son sign up in the Delayed Entry Program because he was still a high school junior. While in the DEP, Goodwin focused his time on preparing for the Marine Corps, both physically and mentally, with his recruiter.

Goodwin was only in the DEP six months before learning his ship date to boot camp would be moved forward.

Although Goodwin was still motivated to become



Recruit Andrew W. Goodwin sights in and provides security while his fellow recruits finish a Crucible exercise at Weapons and Field Training Battalion, Camp Pendleton, Calif., Aug. 12. Pfc. Paul Matthew Brown/Chevron

a Marine and was having good experiences in the DEP, Goodwin's mother had trouble handling his early departure to recruit training.

As the time for Goodwin's departure to recruit training drew closer, his family situation became worse and more complicated because his mother was going through personal struggles that began affecting her emotionally.

Goodwin ended up moving in with a good friend for the remaining two and a half months until his ship date.

"When I got (to the depot), I still really wanted to be a Marine, but I was really down," said Goodwin, a native of West, Texas.

Although Goodwin was feeling down, he did not let it affect his performance.

Initially, the majority of recruits have problems with teamwork and obeying all orders immediately, but I never really experienced too many problems with Goodwin, explained Sgt. Lindsay J. Poorman, a drill instructor,

Platoon 1069, Company D.

On his third week here, Goodwin received his first letter. It was from his mother, who wrote apologizing for the way she treated him.

As he continued through recruit training, Goodwin took to heart what his drill instructors would teach him and was replacing his personality faults of lying and tardiness with our Corps' values of honor, courage and commitment.

This transformation would soon find its way into Goodwin's persona; he was motivated to make sure of it.

"In second phase, Goodwin was ready to be a Marine,"
Poorman said. "He was taking the initiative, more outspoken and was standing taller."

His mother continued to write asking for forgiveness, but it wasn't until third phase when Goodwin contacted her.

"I realized that I had a

commitment to her. She was still my family, still my mother. People make mistakes or bad choices sometimes and deserve second chances," said Goodwin. "It took courage to forgive her."

This action was proof that Goodwin had successfully made the transformation from a raw recruit to a refined Marine.

"I'm proud of the work the other drill instructors and I did," said Poorman, who is from Toledo, Ohio. "I'm certain Goodwin will be a good Marine."

After amends were made, his mother said she would come to his graduation and try to make things right.

"If she needs help, I'll help steer her in the right direction," he said. "If she needs motivation, I will try and motivate her."

Goodwin graduates with his company Friday.



Goodwin waits for a teammate to pass him a plank so he may cross a gap without touching the ground during an obstacle course exercise during the Crucible. Ptc. Paul Matthew Brown/Chevron

Col. Greg P. Olson

PARADE REVIEWING OFFICER

Col. Gregg P. Olson is the commanding officer of the 11th Marine Expeditionary Unit, based at Camp Pendleton, Calif. He grew up in Cumberland, R.I., Montreal, Canada, and Westlake Village, Calif. He was commissioned a second lieutenant following graduation from the United States Naval Academy in 1985. Olson is a career infantry officer who has commanded rifle platoons, rifle, weapons and headquarters companies and an infantry battalion. He holds a secondary military occupational specialty as an embarkation officer and is a graduate of the Marine Aviation Weapons and Tactics Squadron One Weapons and Tactics Instructor Course.

In 1986, he was assigned to 2nd Battalion, 1st Marines, where he served as a rifle platoon commander, battalion embarkation officer, rifle company

executive officer and rifle company commander. He deployed with Battalion Landing Team 2/1 as part of the 13th Marine Amphibious Unit and with the 15th Marine Expeditionary Unit, Special Operations Capable.

In 1989, Olson was assigned to Marine Barracks, Washington, D.C., where he served as the ceremonial platoon commander, ceremonial rifle company executive officer and on both the battalion and parade staffs.

In 1992, Olson attended Amphibious Warfare School. Upon graduation in 1993, he was assigned to 3rd Battalion, 2nd Marines, where he served as Headquarters and Services Company commander, Weapons Company commander and operations officer. While with 3rd Battalion, 2nd Marines, he deployed as part of 26th MEU(SOC) and conducted migrant relief operations in Guantanamo Bay, Cuba, with Joint Task Force-160.

Olson was assigned to duty as a faculty advisor at Amphibious Warfare

School in 1996. In 1999, he attended the College of Naval Command and Staff in Newport, R.I. with three gold stars in lieu of fourth award, the Navy and Marine Corps Commendation Medal, the Combat

Upon graduation, he was assigned as the operations officer for 15th MEU(SOC). While with the 15th MEU(SOC), he deployed to Afghanistan for Operation Enduring Freedom in 2001, and to Iraq for Operation Iraqi Freedom in 2003. Olson took command of 2nd Battalion, 1st Marines, in July 2003; the battalion deployed to Fallujah, Iraq, in February 2004. Upon relinquishing command of 2/1, he was assigned as the Camp Pendleton operations officer for 1st Marine Division.

In 2005, Olson attended the National War College. Upon graduation, he was assigned as the director for Senate liaison, Office of Legislative Affairs, Head-quarters Marine Corps, and served as the Senate liaison until assuming command of the 11th MEU in June 2008.

His decorations include the Legion of Merit, the Bronze Star with "V" device; the Meritorious Service Medal with three gold stars in lieu of fourth award, the Navy and Marine Corps Commendation Medal, the Combat Action Ribbon and the Sea Service Deployment Ribbon with one silver and one bronze star in lieu of seventh award.





Platoon 1073 **COMPANY HONOR MAN** Pfc. F. D. Renolds Missouri City, Texas Recruited by Staff Sgt. C. Medina



Platoon 1070 **SERIES HONOR MAN** Pfc. B. J. Moll Branch, Texas Sgt. J. Burg



PLATOON HONOR MAN Pfc. C. R. Escalante Pheonix Staff Sgt. C. M. Lopez



PLATOON HONOR MAN Pfc. J. D. Decono Watertown, Wis. Recruited by Staff Sgt. L. M. Dowd



PLATOON HONOR MAN Pfc. S. B. Winn Rigby, Idaho Recruited by Sgt. O. C. Barosso



Platoon 1073 HIGH SHOOTER (231) Pfc. M. S. Rushton Torrance, Calif. Marksmanship Instructor Sgt. L. A. Lindquist



HIGH PFT (300) Pfc. C. D. Weimann El Paso, Ark. Recruited by Sqt. B. May

ELTA COMPANY



Recruits from Company D form up in preparation for the Emblem Ceremony Aug. 14. They received their eagle, globe and anchor emblems during the event at Weapons Field Training Battalion, Camp Pendleton, Calif. Sgt. James P. Green/Chevron

1ST RECRUIT TRAINING BATTALION

Lt. Col. C. M. Cromwell Sergeant Major Sgt. Maj. K. D. Simburger Lt. D. J. Carlson Battalion Drill Master Staff Sgt. J. Romero

COMPANY D

Commanding Officer Capt. N. I. Osbrach Company First Sergea 1st Sgt. C. R. Reed **SERIES 1069**

Series Commander 1st Lt. N. D. Doerschuk

ries Chief Drill Instructo Staff Sgt. J. Ramirez **PLATOON 1069** Senior Drill Instructor Staff Sgt. R. Daniels

Staff Sgt. N. S. Dominguez Staff Sgt. L. J. Poorman Sgt. D. A. Comas Pfc. A. R. Alexander *Pfc. S. M. Ansley Pvt. D. P. Austin

Pvt. C. Ayala III Pfc. J. D. Baird Pfc. L. J. Barnich Pvt. K. A. Barton Pvt. S. A. Baugh Pfc. C. A. Bayer Pfc. B. S. Beel Pfc. Z. Benoist Pvt 7 D Brown Pvt. L. E. Campuzano Pfc. B. Chin Pfc. M. C. Clarke Pfc. R. C. Clarkson Pvt. K. J. Clary Pvt. A. J. Cook Pvt. M. J. Cooper Pvt. G. T. Dinniman Pvt. J. N. Dirion Pvt. K. C. Eck *Pfc. C. R. Escalante Pvt. B. A. Fourth Pvt. C. J. Fowler Pvt. M. J. Franko Pvt. J. A. Garcia Pvt. K. R. Gibson Jr. Pfc. A. W. Goodwin

Pvt. S. W. Gray Jr.

Pfc. A. A. Gurabage Pvt. R. A. Halpern Pvt. D. W. Hartman Pvt. T. M. Harvey Pvt. J. L. Helsley Pfc. N. C. Hoffman Pvt. L. W. Hoppe Pvt. J. H. Houston Pvt. D. J. Howard Pvt. M. D. Hueston Pvt. J. D. Huntington Pvt. B. Y. Hur Pvt. F. Hurtado Pvt. K. K. Hutton Pvt. R. A. Ingle Pvt. B. J. Johnson Pvt. J. S. Jones Pvt. M. J. Kirby Pvt. V. S. Kumar Pfc. D. J. Kunz Pfc. M. W. LaHayne *Pfc. B. G. Lathan Pvt. A. D. Lee Pfc. A. M. Lopez Pfc. J. R. Mackley Pfc. J. K. Malone Pvt. S. M. Malone Pvt. D. D. Martinez Pvt. R. P. Meyer Pfc. C. T. Miller Pvt. C. L. Moore Pfc. M. J. Perez Pfc. J. M. Reeves Pvt. J. L. Smith Pfc. D. J. Talsey *Pfc. J. C. Townsend Pvt. R. M. Volf Pvt. J. D. Wilson Pvt. A. C. Younger **PLATOON 1070**

Pvt. J. N. Graybill Pvt. P. B. Griffith IV

Senior Drill Instructor Staff Sgt. P. F. Tedtaotao Drill Instructors Sgt. M. E. Baeza Sgt. J. G. Parada Sat. M. T. Riddle

Sqt. A. S. Wix Pvt. J. Almaguer Jr. Pvt. A. Almeida Pvt. J. C. Alavarado-Guevara Pvt. T. W. Anctil Pvt. J. A. Arellano Pfc. I. E. Arreola Jr. Pvt. M. J. Belcher Pvt. J. L. Berumen Pvt. M. Boehlke Pvt. J. R. Brennan

Pvt. S. M. Brooks Pfc. C. T. Brutzman Pfc. J. O. Carrasco Pvt. T. J. Castiano Pvt. D. A. Chingman Pvt. N. A. Christie Pvt. A. D. Cool Pvt. A. J. Curulla Pfc. D. E. Eisenberg Pfc. T. J. Eng Pfc. L. S. Esch Pfc. J. O. Fabelinia Pfc. J. R. Gajewski Pfc. E. E. Galvan Pvt. J. Garza Jr. Pvt. M. J. Haas Pfc. C. B. Hall Pvt. N. A. Harsy Pfc. T. Y. Helmik Pvt. C. A. Hibbard Pfc. S. C. Howard *Pfc. H. Hunt Pvt. L. T. Hutchison Pvt. D. K Swartout Pvt. J. K. Johnson Pvt. S. C. Johnson Pfc. D. J. Johnston Pfc. J. J. King Pvt. T. T. Kuswa Pvt. A. R. Landaverde Pvt A D Larson *Pfc. J. M. Liden Pfc. J. Lim *Pfc. R. R. Lona Pvt. R. M. Malad Pvt. A. R. Martinez Pfc. J. D. Minks Pfc. S. T. Molina Pfc. B. J. Moll Pvt. M. M. Morrison Pvt. J. R. Munoz Pvt. T. H. O'Hara Pvt. M. R. Pacheco III Pvt. D. C. Peters Pfc. R. F. Pfohman Pfc. L. T. Regan Pvt. B. D. Riley Pfc. B. M. Rose

Pfc. B. M. Yount

Pvt. J. Z. Zamora

Pfc. C. C. Mendoza-Castano Pfc. M. K. Ryan Pvt. J. S. Salkheld Pvt. I. C. Schuyten Pvt. J. L. Snoddy Pvt. B. R. Spitz Pvt. N. K. Swint Pfc. N. R. Tebos Pfc. D. L. Todaacheene-Woody Pfc. A. R. Wethington

Sqt. J. J. Hodges Pfc. M. J. Medrano Pvt. A. J. Meyer Pfc. R. K. Moore Pvt. B. S. Mueller Pvt. K. S. Nelson Pvt. H. Q. Ngyenle Pvt. N. D. Palatsky Pvt. B. M. Putman *Pfc. F. D. Renolds Pvt. M. A. Reza *Pfc. J. J. Rivchin

SERIES 1073 Series Commander Capt. T. J. Hart Series Chief Drill Instructor Staff Sgt. C. D. Wheeler

PLATOON 1073 Senior Drill Instructor Staff Sgt. N. A. Cooklin Drill Instructors
Staff Sgt. M. A. Arzola Sgt. M. Donatus Sgt. T. B. Franksen

Pvt. H. A. Abramyan Pvt. B. E. Anderson Pvt. A. R. Arnold Pvt. W. F. Arnold Pfc. M. A. Brenabe Pvt. B. M. Black Pvt. B. A. Boyes Pvt. W. M. Cluck Pvt. J. A. Conover Pvt. J. T. Cook Pvt. A. J. Crane Pfc. J. G. Crow Pvt. B. A. Devroe Pvt. P. L. Dixon *Pfc. A. R. Downing Pvt. G. I. Espinoza Pvt. J. I. Estrada Pfc. A. W. Foster Pvt. J. R. Freeman Pvt. A. M. Guerrero Pfc. E. A. Harshberger Pvt. M. C. Haserot Pvt. M. B. Hendon Pvt. E. A. Houtman Pvt. H. J. Hruby Jr. Pvt. T. R. Hurford Pvt. E. E. Hurst Pvt. B. J. Hutton Pfc. S. S. Jackson *Pfc. C. W. Knox Pfc. J. R. Mason Pfc. G. F. Mayer Pfc. P. B. Mazzotti

Pvt. N. M. Romo

Pfc. R. S. Rosales

Pfc. L. P. Young Pvt. J. A. Acosta Pvt. J. A. Alton Pfc. A. S. Angle Pvt. M. T. Battle Pvt. T. S. Beal Pvt. T. E. Blank Pfc. J. A. Blunt Pvt. P. J. Booth Pvt. C. J. Braizer Pfc. C. J. Burns Pvt. J. T. Davis

Pfc. C. D. Schuler Pfc. J. B. Sepe Pvt. S. J. Siatta Pvt. J. R. Simmons Pvt. M. Simmons Pfc. N. D. Smith Pvt. G. J. Steffen Pfc. K. M. Streepy-Wheeler Pvt. N. M. Sundby Pfc. A. Swanson Pvt. S. E. Swerczek Pvt. J. S. Varela-Martinez Pvt. R. Vera Pvt. A. G. Weekes Pvt. C. D. Weller Pfc. P. M. Welter Pfc. K. Wheeler Pvt. T. L. Williams

Pfc. M. S. Rushton

Pvt. A. T. Schnese

PLATOON 1074 Senior Drill Instructor Staff Sgt. B. M. Huppi Drill Instructors Staff Sqt. B. A. Guild Staff Sgt. J. W. Wood Sgt. M. A. Saldana Sat. M. R. Virto

Pfc. A. M. Alegria Pfc. A. W. Alhmedi *Pfc. R. R. Calvilo Pvt. C. M. Carter Pfc. P. B. Coombes *Pfc. D. H. Cortez Pvt. C. K. Crawford Pvt. A. J. Cruz *Pfc. J. D. Decono Pvt. B. L. Dunfee Pvt. M. W. Edwards *Pfc. N. E. Eslick Pvt. E. D. Flanagan Pvt. J. M. Flanagan Pvt. I. A. Grgurich Pvt. M. S. Gruhn Pvt. R. Guiliani Pvt. J. R. Hall

Pvt. B. A. Hermanson Pvt. C. M. Honne Pvt. S. L. Joice Pfc. A. L. Kanehl Pfc. C. W. Kang Pvt. J. G. Kennedy Pfc. D. M. Kujawa Pfc. M. S. Lau Pvt. R. L. Ledbetter Pvt. S. I. Leon Pvt. J. C. Lester Pvt. J. N. Levy II Pvt. S. G. MacTaggart Pvt. L. S. Martin *Pfc. R. A. Mason Pfc. M. S. McCollam Pvt. C. A. McLennan Pfc. M. J. Meitler-Vaughn *Pfc. D. J. Miller Pvt. J. K. Miranda Pvt. M. J. Morrison Pvt. A. R. Morse Pvt. F. Nunez-Martinez Pvt. D. D. Nyman Pfc. M. W. Perkins Pvt. D. R. Pierce Pvt. J. A. Rainwater Pvt. E. J. Ritchie Pvt. R. L. Rose Pvt. R. K. Sanchez Pvt. J. T. Saunders Pvt C M Schmidt Pfc. B. A. Shoemaker Pfc. E. Solis Pvt. M. C. Thompson

Pvt. A. D. Heiskell Pfc. P. Hem

PLATOON 1075 Senior Drill Instructor Staff Sgt. J. C. Morales Drill Instructors Staff Sgt. E. W. Green Sqt. J. J. Briwder Sgt. P. A. Davis Sgt. A. J. Moreno

Pvt. M. J. Atkins Pvt. A. Baeza Jr. Pfc. J. P. Bloemer Pfc. A. D. Bulley Pvt. S. Chang Pfc. C. L. Gann Pvt. K. J. Gilligan Pvt T I Gross-Nicklaus Pvt. C. Hernandez Pvt. C. D. Higgins Pvt. D. Holliday Pvt. C. L. Hollingsworth Pvt. R. M. Hunt Pvt. M. P. Ireson

Pvt. J. A. Maurello Pfc. S. Muratovic Pvt. J. W. Nava Jr Pvt. S. R. Nawrocki Pvt. P. H. Nguyen *Pfc. J. L. Ochoa Pvt. J. M. Ohlman Pfc. T. R. Penn Pfc. C. I. Ramirez Pvt. A. M. Razor Pvt. J. E. Reves Pvt. R. Rochar-Contreras Pvt. J. D. Sanchez Pvt. A. R. Sayers Pfc. S. M. Shomenta Pfc. J. J. Sickmeyer Pvt. J. L. Skaggs Pfc. M. S. Stienbrecher Pvt. J. A. Swoverland *Pfc. S. J. Thomas Pvt. R. W. Thornberg Pfc. A. Torres Pvt. J. Treon Pfc. A. C. Trites Pvt. K. E. Trujillo-Slone Pvt. M. W. Tupper Pfc. R. R. Varelas Pvt. V. A. Vasquez Pvt. S. A. Vela Pvt. A. M. Von Aschen Pvt. M. H. Wade Pfc. R. B. Wagner Pvt. D. Walker Pvt. T. Q. Walker Pfc. E. J. Wann Pfc. J. M. Warren Pvt. A. D. Waters Pvt. R. Watkins III *Pfc. C. D. Weimann Pfc. J. A. Wiedeman Pfc. M. T. Wilhite Pfc. J. D. Willemsen Pfc. J. D. Williams Jr. Pvt. J. E. Williams Pvt. R. Williamson Pvt. S. W. Wimberly Pfc. S. B. Winn Pvt. D. J. Womack III Pfc. M. K. Wong Pvt. E. D. Wright *Pfc. J. D. Wright

Pvt. T. A. Kydney

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MAGCC rains on depot's game



Depot coach and pitcher, Master Sgt. Tony Manzano, pitches a ball during the West Coast Region Softball Championship Monday. Cpl. Kevin M. Knallay/Chevron



Depot second baseman Cpl. Danny Phillips tags a runner from the Marine Air Ground Combat Center at Twentynine Palms for an out. Cpl. Kevin M. Knallay/Chevron

BY CPL. KEVIN M. KNALLAY Chevron staff

The relentless hits from Marine Air Ground Combat Center Twentynine Palms team sent the Marine Corps Recruit Depot San Diego's softball team packing after a 21-6 loss in the West Coast Region Softball Championship Monday at the 14 Area softball field at Camp Pendleton, Calif.

The depot's team started strong with a two-run home run by left fielder Sgt. Reuben Flores in the top of the first. Twentynine Palms quickly responded with two home runs and a series of hits to bring in five runs before heading into the second inning.

Left-center fielder Gunnery Sgt. Larry Richard kept depot alive by adding two runs with a homer, but the team lost all momentum by the end of the second inning.

The depot's team had been thrown in the coffin after Twentynine Palms scored 14 runs with a series of extrabase hits, fielding errors and a homerun.

The coffin was nailed shut when the depot went three up and three out, and Twentynine Palms scored another two runs to bring the score to 21-4.

Depot catcher Staff Sgt. Josh Hawk attempted to rally depot in the top of the fourth with a shot that brought in two more runs, but depot couldn't catch up to the commanding lead Twentynine Palms had established.

"It was a rough loss. They hit; we didn't," said depot coach and pitcher, Master Sgt. Tony Manzano.

Twentynine Palms' coach Ray Wren said his team has played together for about three months and has been in six tournaments before the championship. The experience helped the team through this tournament.

"We came out and did what we needed to do – play our game," Wren said.

According to Manzano, the team has only been able to play in two tournaments before, which might have hurt them in the championship. Despite the loss, they have learned what they need to work on and are ready to go play again.

Manzano also wishes to encourage more Marines to come out and play. Try outs for the All Marine Softball Team will be held Aug. 25. Those interested should call (619) 524-1980.



Gunnery Sgt. Steven Bilderain, Marine Air Ground Combat Center Twentynine Palms, Calif., slugs the ball toward center field Monday, at the 14 Area softball field, Camp Pendleton, Calif. Twentynine Palms won the competition 21-6 due to relentless hitting. Cpl. Kevin M. Knallay/Chevron